

# Youth Basketball Rules

All Roanoke County Parks, Recreation and Tourism Youth Basketball games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at [www.nfhs.org](http://www.nfhs.org)

## 2012-2013 Local League Basketball Rules

Division	Age	Birthday
8U	7 Years Old	9/30/05 - 10/1/04
	8 Years Old	9/30/04 – 10/1/03
10U	9 Years Old	9/30/03 – 10/1/02
	10 Years Old	9/30/02 – 10/1/01
12U	11 Years Old	9/30/01 – 10/1/00
	12 Years Old	9/30/00 – 10/1/99
15U	13 Year Old	9/30/99 – 10/1/98
	14 Year Old	9/30/98 – 10/1/97
	15 Year Old	9/30/97 – 10/1/96
18U	16 Year Old	9/30/96– 10/1/95
	17 Year Old	9/30/95 – 10/1/94
	18 Year Old	9/30/94 – 10/1/93

### Team Regulations

1. Teams should be formed using a fair and equitable draft procedure.
2. Team rosters should include at least 9 players. Any deviation of roster numbers must have the approval of the Athletics Division.
3. Team rosters must be filed with the Youth Athletic Department by 5:00 p.m. a week prior to practice and must show name, address, telephone number, birthday, league age and the school each player attends.
4. Players on each team's rosters must meet the eligibility guidelines set forth by the Clubs hosting Recreation Department. Each Recreation Club is responsible for verifying the information on their clubs rosters. If players are found playing on an incorrect team based on the eligibility guidelines set forth by the Clubs hosting Recreation Department, the player will be removed from the team. Please note that the team may be required to forfeit the games played with an ineligible player if the Clubs hosting Recreation Department determines that the Club, Coach or Player intentionally attempted to fraud the program.
5. No player may be on more than one active roster.
6. Only screened youth coaches are permitted to lead games, practices or scrimmages.
7. Coaches are required to wear their ID badge at all team practices and games.
8. No players can be added after the first regular season game unless the team features less than 6 active players and permission is granted by the Clubs hosting Department.

## Equipment Regulations

1. Ball Sizes
  - a. U8 Boys 27 ½ inches 16-18 ounces International Size 5
  - b. U10 Boys 28 ½ inches 18-20 ounces International Size 6
  - c. U12 Boys 28 ½ inches 18-20 ounces International Size 6
  - d. U15 & U18 Boys 29 ½ inches 20-22 ounces International Size 7
  - e. U8 Girls 27 ½ inches 16-18 ounces International Size 5
  - f. U10 Girls 27 ½ inches 16-18 ounces International Size 5
  - g. U12 Girls 27 ½ inches 16-18 ounces International Size 5
  - h. U15 & U18 Girls 28 ½ inches 18-20 ounces International Size 6
2. Team members are to wear uniforms under street clothes and change in the gym as teams will not have access to locker rooms
3. Players MUST wear the matching uniforms or at least matching t-shirts with a number on the back.

**Concussion Management Regulations** - It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.

1. No athlete should return to play or practice on the same day of a suspected concussion.
2. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
3. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional prior to returning to practice or competition. Recreation Clubs must disallow players from participating until this document is produced.
4. Each youth sport coach must take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at <http://www.cdc.gov/concussion/HeadsUp/youth.html>

## Practice Regulations

1. A practice schedule, containing the time, place and date for each team will be posted online one week before the practice season starts and again one week before the game season starts.
2. Any team wishing to change its posted practice schedule must inform the Athletics Division more than 48 hours in advance so that the website may be updated and school and staffs are notified.
3. Each team (with the exception of U8) will receive two practices per week. U8 teams will receive one practice per week, most likely over the weekend if space is available.
4. All youth basketball practices are schedule for 90 minutes.
5. Team practice (including post practice meetings) should be finished before their scheduled time is over.
6. Teams should not plan to arrive early for practice as the gym is continually booked throughout the day.

## Game Regulations

### 1. Pre Game Information

- a. Each team must submit a lineup card in numerical order to the scorekeeper 10 minutes prior to the game.
- b. Only players listed on the official roster with Roanoke County are permitted to play.
- c. Coaches must show their Coach ID badge to the scorekeeper prior to the game.
- d. Teams will be given five minutes from the start of scheduled tip off if a team does not having enough players to play. If a team doesn't have enough players at the end of the five (5) minutes the team will forfeit. **NOTE:** Game officials are not allowed to officiate any scrimmages games during this time.
- e. A five minute limited warm up may be given before tipoff if time allows.
- f. No game will start prior to scheduled game time unless both coaches are in agreement.

## 2. Clock

- a. The game length will be 40:00 minutes divided into four (4) 10:00 minute quarters.
- b. The first three quarters will be divided into 5:00 minute mini quarters to allow for the all play rule.
- c. A 30 second break will be given between mini quarters to allow for substitutions only.
- d. Mini quarters will be restarted by throw in under the alternating possession procedure.
- e. All **leagues will play with a running clock** except:
  - i. The final 2:00 minutes of the fourth quarter
  - ii. During an officials time out
  - iii. During a team time out
  - iv. During over time
- f. A 3:00 minute half time will be used.

## 3. Time Outs

- a. Each team will be given three full (60 second) time outs during the game.
  - i. **Point of Emphasis:** Keeping timeouts to their allocated time is a necessity with the running clock. Officials have been instructed to signal when 15 seconds are left in the timeout. Teams should be ready to play at the completion of the timeout.

## 4. Overtime

- a. One three (3) minute overtime will be played in the event of a tie.
- b. An additional time out will be awarded to both teams at the start of overtime.
- c. If after the overtime period the teams are still tied, the game will be a tie.

## 5. Bench Rules

- a. Only the head coach may stand during game play.
- b. Only the head coach may confer with game officials during a game.
- c. The head coach is responsible for the actions of their assistant coaches, players and parents.

## 6. Foul Shots

- a. 10U and below league players shooting free throws **may** shoot from 10 feet. The 10' mark is easily identified on the court as the last block mark of the foul lane. If a player chooses to shoot from 10', the block closest to the shooter must be unoccupied.
- b. A 10U or below player's momentum from a free throw attempt may take the player over the line provided the player is not the first person to touch the ball after a free throw attempt.
- c. A foul shot must take place within 10 seconds of the ball being placed at the disposal of the shooter. **Point of Emphasis:** Keeping free throws to their allocated time is a necessity with the running clock. Please make sure your team fully understands their responsibilities during a free throw.

## 7. Pressing

- a. 10U and Below Leagues - There will be no PRESSING DEFENSES allowed when a team is ahead by ten points. The team that is ahead by ten points must be behind the three point arc until the ball has been established across mid court and a pass has been attempted.
- b. All other Leagues - There will be no PRESSING DEFENSES allowed when a team is ahead by twenty points. The team that is ahead by twenty points must be behind the three point arc until the ball has been established across mid court and a pass has been attempted.

## 8. All Play Rule

- a. Coaches are strongly encouraged to play their players equal amounts of time.
- b. Coaches are required to play and sit all players listed on their submitted game roster the following amounts of time prior to the 4th quarter.

i. # on Players	Minimum Play Time	Minimum Sit Time
ii. 6 or 7	4 mini quarters (20 minutes)	1 mini quarter (5 minutes)
iii. 8 or 9	3 mini quarters (15 minutes)	2 mini quarters (10 minutes)
iv. 10 +	2 mini quarters (10 minutes)	2 mini quarters (10 minutes)
- c. The only players exempt from the all play rule are:
  - i. Players who have unexcused absences from the weeks practice.
  - ii. Players who are being disciplined with preapproved permission from Roanoke County.
  - iii. Players who for health reasons cannot play the time required.
- d. Coaches must notify the head scorekeeper prior to the game of any player who is exempt from the all play rule and reason.
- e. It is the responsibility of the head coach to ensure that all players meet the minimum play requirements. Failure to do so will be a two shot bench foul for each player and the player(s) must meet their missed time during the 4th quarter. Please note that the coach may be face additional disciplinary action.

## 9. Substitutions

- a. Players may not be substituted during a mini quarter unless:
  - i. The team substituting has satisfied its all play rule requirements.
  - ii. A player on the court is injured. Injured player should return as soon as possible.
  - iii. A player commits their 2<sup>nd</sup> foul of the mini quarter
  - iv. A player commits their 3<sup>rd</sup> foul of the first half.

## 10. Multiple Fouls

- a. If a player commits three fouls during a mini quarter, they are **required** to sit for the remainder of the mini quarter if a legal substitute is available.

## 11. Technical Fouls for Unsportsmanlike Conduct

- a. If a player receives a technical foul, the player is **required** to sit for five minutes of the game clock if a legal substitute is available. A player's time on the bench for a technical foul counts towards their play time requirement.
- b. If a coach receives a technical foul or bench foul, the coach must remain seated for the game.

## 12. Officials

- a. are representatives of the league and are authorized and required to enforce all rules.
- b. have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- c. have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- d. have the authority to rule on any point not specifically covered in these rules.
- e. No teams are permitted to select substitute officials if no County Officials are available to work the game. The game will be rescheduled at a later date.
- f. No team has the right to refuse any official assigned.

### **13. Site Supervisors**

- a. are representatives of the league and are authorized and required to enforce all rules.
- b. have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- c. have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- d. have the authority to rule on any point not specifically covered in these rules.

### **14. Protests**

- a. Protests of NFHS rules are not permitted in accordance with NFHS Rule 1.1.11
- b. Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the Parks and Recreation Office as soon as possible.
- c. Protests of player eligibility are permitted. Eligibility would include non rostered players, age, residency or other factors which makes the player eligible when they should not be.

#### **II. How to protest**

- a. Protest must be done during the game.
- b. As soon as the player in question participates, call timeout and inform head official that you are protesting an opposing player due to ineligibility. Ask the official to notify the opposing coach. Please note that the game will continue as normal and the player is permitted to play.
- c. Within 24 hours of game completion, an email must be submitted to the Athletics Division which should include game date, time, location, opponent, player protesting, and justification of protest (reason and knowledge why).

#### **III. Protest Review**

- a. The Athletics Division will work with the appropriate recreation clubs to investigate and determine if the player is ineligible.

#### **IV. Protest Findings**

- a. If a team is found to be using an ineligible player, the team may be required to forfeit the games in which the player played.
- b. If a team is found to knowingly using an ineligible player, the Head Coach may face additional punishments.
- c. The decisions of the Athletics Division will be final. No appeals will be heard.

## **GYM Directions**

**Glenvar Middle and High School** – I-81 south to the last Salem exit. Go right off exit to stop light. Turn Right on Route 11. Turn right between County Library and Fires Station onto Daugherty road. Take a left across the bridge onto Tobey road. Then a right on Malus Drive. Glenvar High will be the second school.

**Northside High School** - Take 581 to the Peters Creek Road south exit. At the first stoplight take a right on Northside High School Road.

**Northside Middle School** - Take 581 to the Peters Creek Road south exit. At the first stoplight take a right on Northside High School Road. Field is behind the middle school, which is behind the high school.

**Hidden Valley High School** – 419 to Brambleton Ave./Route 221 south. 2<sup>nd</sup> light take a right on Pleasant Hill Road follow Pleasant Hill till yellow line ends. Take a right on Titan Trail, Titan trail goes into the school.

**Hidden Valley Middle School** – 419 to Hidden Valley School Road, which is between Lewis-Gale Hospital and Allstate Insurance Company.

**Cave Spring Middle School** – 419 to Brambleton Ave./Route 221 south.

**William Byrd High School** – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through the town of Vinton. Stay on Gus Nicks/Route 24. School will be on your left. If you pass the Parkway you've gone too far.

**William Byrd Middle School** – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through the town of Vinton. Stay on Gus Nicks/Route 24 until you see Wm. Byrd High School. Wm Byrd Middle school is behind the High School. If you pass the Parkway you've gone too far.

**Roanoke County Career Center (RCCC)** – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through 1 stop light school will be on the hill to your right before you cross bridge.

## Park and School Facility Use Guidelines and Policies

These guidelines have been put in place to help Roanoke County Parks, Recreation and Tourism, Roanoke County Schools, and Recreation Clubs protect our facilities. Roanoke County Parks, Recreation and Tourism has great cooperation with school administrators and would like to keep it that way. So please abide by these guidelines and policies. **Coaches should report any facility maintenance issue to your Recreation Department representative.** Coaches and managers should read these rules to all your team members before your first practice or game.

Violation of any of the rules below may result in the loss of your team's practice privileges.

- ◆ All teams must have two adults to supervise at all practices and games.
- ◆ No child should be left alone while waiting for their ride to pick them up.
- ◆ All vehicles must use parking areas furnished at the site.
- ◆ No loitering around school buildings at any time.
- ◆ No trespassing on private property adjacent to recreation or school facilities.
- ◆ Leave school equipment alone.
- ◆ No food, drinks or water is allowed in school gyms.
- ◆ Only team members and supervisors are allowed in school gyms during practice. No one is allowed in any other part of the building.
- ◆ Put all trash and paper in trash receptacles at facilities.
- ◆ Use of profane language or gestures will not be tolerated at any time.
- ◆ No Tobacco products are permitted on recreation or school facilities.
- ◆ No Alcoholic beverages are permitted on recreation or school facilities.
- ◆ No Drugs or Weapons are permitted on recreation or school facilities.
- ◆ No fighting before, after or during practices or games.
- ◆ Be at practice on time and leave practice on time.
- ◆ All practice times must be scheduled through your club coordinator.
- ◆ No kicking or hitting balls in fences or school buildings. No Soft toss into chain link fences.
- ◆ No indoor practice times will be given for fall or spring sports teams.
- ◆ Football and Soccer only: No practicing in the goal or end zone areas during the month of August.
- ◆ Football and Soccer only: Only the outside perimeter lines will be marked during the month of August.
- ◆ Spectators must stay in the stands, bleachers or behind the spectator's lines or fences while games are being played.
- ◆ Coaches may not practice on facilities while other school functions are going on (ex. PTA, Carnivals and other programs).
- ◆ Coaches and team member should never have a confrontation with a school administrator or employee. Over sights while are rare they do occur and may happen.
- ◆ Light should not be turned on before dusk. Violators will be charged \$5.00 per hour for light. Lights must be turned off by 11:00pm. It is the coach's responsibility to turn lights off. Violators will be charged



**Be A LITTER-HITTER Help keep our Parks and Schools CLEAN**